



# Week Nineteen

In Week Nineteen, the focus is on collaboration, mindfulness, kindness, and self-expression. The activities encourage teamwork through creative projects like *Group Picture Creation*, self-reflection through activities such as *My Nature Walk*, and emotional well-being with games and challenges like *Shadow Tag* and *Kindness Partner Challenge*. Through these exercises, students not only develop their physical and social skills but also practice mindfulness and kindness.

## Learning Intentions:

### Collaboration & Creativity:

*Group Picture Creation* fosters teamwork, creativity, and communication by having students work together to create a shared artwork.

### Mindfulness & Self-Reflection:

*My Nature Walk* encourages students to connect with the environment and practice mindfulness, reflecting on how nature influences their feelings.

### Physical Activity & Agility:

*Shadow Tag* is a dynamic game that enhances speed, agility, and reflexes, helping students develop their physical coordination in a fun way.

### Kindness & Cooperation:

*Kindness Partner Challenge* strengthens relationships by having students work together on a kindness task, promoting empathy, cooperation, and positive interaction.

## Success Criteria:

### Teamwork & Creativity:

In *Group Picture Creation*, students contribute to a shared artwork, learning to communicate their ideas visually and respecting the contributions of others.

### Self-Reflection & Nature Awareness:

In *My Nature Walk*, students reflect on what they see in nature, express their observations creatively, and reflect on the impact of nature on their emotions.

### Physical Fitness & Agility:

In *Shadow Tag*, students work on their reflexes and decision-making, trying to avoid being tagged by "it" while improving their agility.

### Kindness & Mutual Support:

In *Kindness Partner Challenge*, students collaborate with a partner to complete a kindness task, reflecting on the impact of their actions and fostering positive social bonds.





## Activity 1: Group Picture Creation

**Duration:** 5-10 minutes

**Objective:**

Encourage collaboration, creativity, and teamwork as students work together to create a larger picture, reinforcing the idea that everyone's contribution is important.

**Learning Intentions:**

- Collaborate with my peers to create a shared artwork.
- Communicate my ideas visually with a group.
- Contribute to a larger project and see how individual pieces come together.

**Success Criteria:**

- Collaborate with my group to create a single piece of artwork.
- Contribute ideas to the group's creative process.
- Respect the contributions of others and work together to finish the picture.

**Gameplay:**

Students are divided into small groups and assigned a theme for a shared picture (e.g., park, beach, school). They collaborate to create their artwork by dividing tasks and contributing individual elements to the picture. Once completed, they present their artwork and explain the creative process.

**Reflection Prompt:**

- How did you work together as a group to create your picture?
- What was challenging about collaborating with others on one piece of artwork?
- How did everyone's contribution help shape the final picture?

## Activity 2: My Nature Walk

**Duration:** 10-15 minutes

**Objective:**

Help students connect with the environment, practice mindfulness, and appreciate the natural world around them.

**Learning Intentions:**

- Observe and appreciate nature around me.
- Practice mindfulness by being present in the moment.
- Express my observations through writing and drawing.

**Success Criteria:**

- Identify things in nature that made me smile.
- Describe these observations through writing or drawing.
- Reflect on how spending time in nature makes me feel.

**Gameplay:**

Students take a walk outside, observing nature and identifying things that make them happy or peaceful. After the walk, they draw or write about their observations and reflect on their emotional responses to the natural environment.

**Reflection Prompt:**

- What things in nature made you smile today?
- How does spending time in nature make you feel?
- Why is it important to take time to appreciate the world around us?





### Activity 3: Shadow Tag

**Duration:** 10-15 minutes

**Objective:**

Improve speed, agility, and reflexes through a fun and interactive game where students avoid having their shadows stepped on while attempting to tag others' shadows.

**Learning Intentions:**

- Improve my speed and reflexes by moving quickly to avoid being tagged.
- Develop agility and spatial awareness while engaging in a fun game of tag.
- Practice quick decision-making and strategy while trying to avoid being tagged.

**Success Criteria:**

- Move quickly to avoid having my shadow stepped on.
- Be agile and aware of my surroundings while running and dodging.
- Take turns as the "it" player and try to step on others' shadows.

**Gameplay:**

One student is "it" and tries to step on the shadows of the other players. Non-tagged players dodge and move around to avoid having their shadows stepped on. The game continues with each round, and the "it" player changes.

**Reflection Prompt:**

- How did you stay light on your feet to avoid being tagged?
- What strategies did you use to dodge the "it" player's shadow?
- How did you feel when you were the "it" player?

### Activity 4: Kindness Partner Challenge

**Duration:** 10-15 minutes

**Objective:**

Encourage students to collaborate with a partner and practice kindness through shared tasks, fostering cooperation, empathy, and mutual support.

**Learning Intentions:**

- Work together with a partner to practice kindness.
- Reflect on the ways I help and support others.
- Learn from others through sharing experiences and acts of kindness.

**Success Criteria:**

- Work with my partner to complete a kindness challenge.
- Reflect on what I learned from my partner and how we supported each other.
- Share how we helped each other and discuss what we learned from the experience.

**Gameplay:**

Pairs of students are given a kindness challenge, such as helping with a task, sharing something, or offering compliments. After completing the challenge, students reflect on their experience and share how they worked together.

**Reflection Prompt:**

- How did you help your partner today?
- What did you learn from your partner?
- How did it feel to work together on a kindness task?





## Conclusion:

Week Nineteen is designed to foster collaboration, mindfulness, kindness, and personal growth. *Group Picture Creation* emphasises teamwork and creativity, while *My Nature Walk* encourages reflection and mindfulness in nature. *Shadow Tag* is a fun and physical way to practice agility, and the *Kindness Partner Challenge* promotes empathy, cooperation, and self-reflection through acts of kindness. These activities offer students an opportunity to connect with others, practice kindness, and develop important life skills in an enjoyable, interactive way.

